



Product Spotlight: Pickled Sushi Ginger

Bright and tangy, pickled ginger cuts through rich flavours and balances umami. Add extra at the end for a burst of freshness.



Japanese Mushroom Donburi with Crispy Seeds

A comforting rice bowl topped with sautéed mushrooms, eggplant and broccoli in ramen marinade, finished with crispy peanuts, sesame seeds and pickled ginger.

 30 minutes

 4 servings

 Plant-Based

Switch it up!

Use the veggies and rice in nori wraps for an easy hand roll dinner. Got leftovers? Press the rice into patties and pan-fry until crispy, then top with warm vegetables and seeds for crispy rice cakes.

Per serve: **PROTEIN** 17g **TOTAL FAT** 15g **CARBOHYDRATES** 100g

FROM YOUR BOX

SUSHI RICE	300g
KING OYSTER MUSHROOMS	400g
GOURMET EGGPLANT	2
BROCCOLI	1
CARROTS	2
GARLIC CLOVES	2
PICKLED GINGER	1 jar
PEANUT SESAME CLUSTER MIX	1 packet
RAMEN MARINADE	2 x 50ml

FROM YOUR PANTRY

sesame oil, salt, pepper, soy sauce

KEY UTENSILS

large frypan, saucepan

NOTES

Use a julienne peeler or coarse grater to prepare the carrot.

If you're short on time, start cooking the vegetables in a second frypan while toasting the seed mix.

For a smoother finish, you can peel the eggplant, or leave the skin on for more texture.



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1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **650ml water**. Cover and bring to a boil. Reduce heat to medium-low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



2. PREPARE THE VEGETABLES

Slice the **mushrooms** and **eggplants**, cut **broccoli** into florets, and julienne the **carrots** (see notes). Crush **garlic** and finely chop **2 tsp pickled ginger** (reserve the rest for serving).



3. MAKE THE CRISPY SEEDS

Heat a large frypan over medium heat with **1 tbsp sesame oil**. Add the **peanut sesame cluster mix** and toast for **3-4 minutes**, stirring, until golden and crisp. Transfer to a plate to cool. Sprinkle with **salt**, if desired. Reserve pan for the next step.



4. COOK THE BROCCOLI

Add **broccoli** to the frypan with **1/2 cup water** and a pinch of **salt**. Cover and steam over medium heat for **3-4 minutes**, or until just tender. Set aside, keep frypan over heat.



5. COOK THE MUSHROOMS

Add **sesame oil** and cook **mushrooms** and **eggplant** (in batches if needed) for 2-3 minutes each side until browned. Add **garlic** and **ginger**, cook 1 minute, then add **ramen marinade** and **1/4 cup water**. Simmer 2 minutes, then season with **soy sauce** and **pepper**.



6. FINISH AND SERVE

Divide the **rice** among bowls. Top with the **cooked vegetables** and spoon over the sauce. Finish with **crispy seeds** and **pickled ginger** to taste.

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